

RURAL DISTRICT COUNCIL

of

TEIFISIDE
CARDIGANSHIRE

PUBLIC HEALTH DEPARTMENT

ANNUAL REPORT

1954



MEDICAL OFFICER OF HEALTH

I. Morgan Watkin, Ph.D.(Lond.); M.Sc., M.B.,
B.Ch., D.P.H.(Wales).

SANITARY INSPECTOR AND MEAT AND FOODS INSPECTOR

H. E. Williams, M.R.San.I., M.S.I.A.

TEIFISIDE RURAL DISTRICT COUNCIL

CHAIRMEN

1953/54

Councillor T. L. Jenkins, J.P.

1954/55

Councillor W. O. Morgan, J.P.

All matters dealing with public health are considered by the Council which consists of 25 members and meets on the second and fourth Fridays in the month at Adpar.

Clerk of the Council	- Francis T. George, A.S.A.A.
Chief Engineer & Surveyor	- W. F. Edwards
Capital Works Engineer	- O. Owen
Architect	- W. S. P. Cottrell, A.R.I.B.A.
Rodent Operator	- H. E. Jones



To the Chairman and Members of the
Teifside Rural District Council.

It gives me pleasure to present to you the Annual Report of the Health Department for the year ended December 31st, 1954.

You will be glad to learn from an examination of the ensuing pages that the health of the inhabitants of the Rural District has continued to be good.

The number of registered deaths has increased from 138 in 1953 to 177 in 1954, but is still lower than the figure for 1951 when 193 deaths were recorded. The principal cause of death was heart disease which accounted for 72 cases. Vascular lesions of the nervous system (strokes) and cancer in its various forms each accounted for 24 deaths. Motor vehicle accidents only accounted for one death whereas other accidents, principally those in the home, claimed six victims. The preponderance of fatal accidents in the home over road accidents is common to the United Kingdom as a whole.

The number of registered live births was 137 - two fewer than in 1953. Seven of these were illegitimate compared with six in the previous year. Four stillbirths were registered - two more than in 1954. Two infants under one year of age died. As in the previous year, no mother died in childbirth.

No case of serious infectious disease was notified. Cases of scarlet fever, which is now a mild disease, were reported from scattered parts of the district. Six new cases of tuberculosis were notified.

An outbreak of influenza which occurred towards the end of the year deserves mention. Although influenza is an infectious disease, it is not a notifiable one under the Public Health enactments. The medical officer of health, by agreement between government departments, receives information from the local offices of the Ministry of Pensions and National Insurance

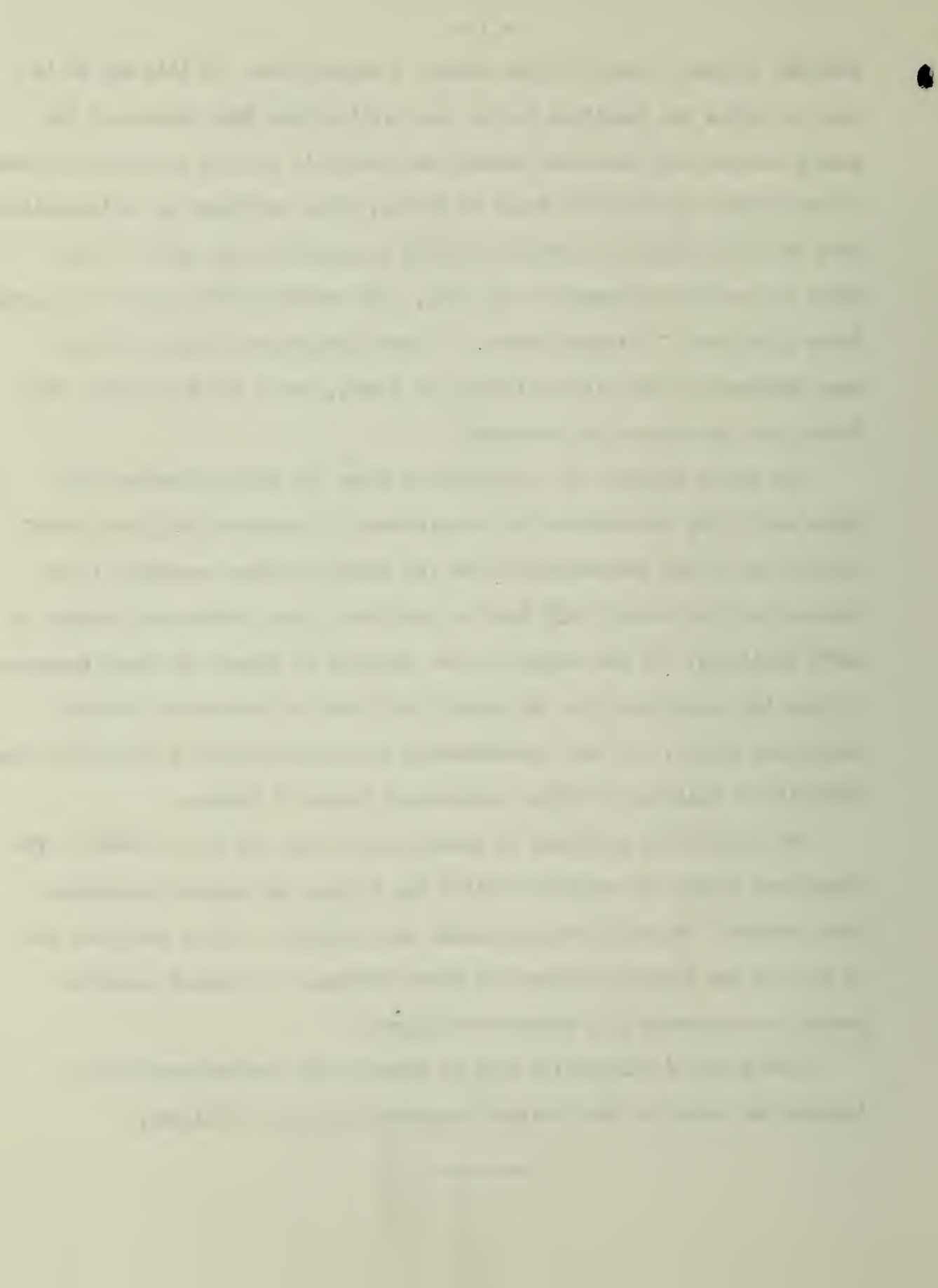


whenever sickness benefit claims undergo a sudden rise. In this way he is able to inform the hospitals in the area and the Home Help service of the county council that increased demands are likely to be made on their services. At the request of the Welsh Board of Health, tests were made in collaboration with the Public Health Laboratory Service to ascertain the type of virus which was causing influenza in the area. The results showed this to be virus B-the mild type of influenza virus. A large proportion of those affected were children and the illness lasted, as a rule, for a few days only. One death from the disease was recorded.

The survey required to be undertaken under the Housing Repairs and Rents Act, 1954, necessitated the appointment of temporary additional staff in the form of two enumerators. From the interim reports received, it is obvious that the Council will have to deal with a very substantial number of unfit dwellings. If the owners are not prepared to expend the money necessary to make the properties fit, the Council will have no option but to make demolition orders. In such circumstances the Council would be faced with the necessity of building a further substantial number of houses.

The Council has continued to press forward with its water schemes. The Blaenbarre scheme was completed whilst the Twrgwyn and Nantgwyllan schemes were started. No major sewerage scheme was undertaken during the year, but as soon as the Treasury relaxes the purse strings, the Council wishes to proceed with schemes in a number of villages.

More detailed information will be found in the ensuing pages which include the Report of the Sanitary Inspector, Mr. H. E. Williams.



SUMMARY OF GENERAL AND VITAL STATISTICS

Area (in acres)	73,102
Population (Census 1951)	10,432
Population (Registrar General's Mid-Year 1953) ..	10,160
Population (Registrar General's Mid-Year 1954) ..	10,180
Rateable Value at 1st April, 1954	£24,392
Rateable Value at 1st April, 1955	£25,693
Sum represented by a penny rate 1953/54	£99

	<u>Total</u>	<u>Male</u>	<u>Female</u>
Number of registered live births Leg:	130	67	63
Illeg:	7	5	2
Number of registered still births Leg:	3	-	3
Illeg:	1	1	-
Number of deaths of infants under 1 year Leg:	2	2	-
Illeg:	-	-	-
Number of deaths of infants under 4 weeks ... Leg:	1	1	-
Illeg:	-	-	-
Number of deaths of women ascribed to childbirth ...	NIL		
Number of registered deaths	177	85	92
Areal comparability factor for births	1.19		
Areal comparability factor for deaths	0.77		



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CAUSES OF DEATH IN CERTAIN DISEASES

<u>Registrar General's</u>		<u>Number of deaths</u>		
<u>Code Number</u>	<u>Causes of Death</u>	<u>Male</u>	<u>Female</u>	<u>Total</u>
1	Tuberculosis, respiratory	1	-	1
2	Tuberculosis, other	-	-	-
3	Syphilitic disease	-	-	-
4	Diphtheria	-	-	-
5	Whooping cough	-	-	-
6	Meningococcal infections	-	-	-
7	Acute poliomyelitis	-	-	-
8	Measles	-	-	-
9	Other infective and parasitic diseases	1	-	1
10	Malignant neoplasm, stomach	6	4	10
11	Malignant neoplasm lung, bronchus ..	2	1	3
12	Malignant neoplasm, breast	-	2	2
13	Malignant neoplasm, uterus	-	1	1
14	Other malignant & lymphatic neoplasms	4	4	8
15	Leukaemia, aleukaemia	-	-	-
16	Diabetes	-	-	-
17	Vascular lesions of nervous system .	14	23	37
18	Coronary disease, angina	14	10	24
19	Hypertension with heart disease ...	1	4	5
20	Other heart disease	21	22	43
21	Other circulatory disease	-	2	2
22	Influenza	-	1	1
23	Pneumonia	2	1	3
24	Bronchitis	4	3	7
25	Other diseases of respiratory system	1	-	1
26	Ulcer of stomach and duodenum ...	-	-	-
27	Gastritis, enteritis and diarrhoea .	1	-	1
28	Nephritis and nephrosis	2	2	4
29	Hyperplasia of prostate	2	-	2
30	Pregnancy, childbirth, abortion ...	-	-	-
31	Congenital malformations	-	-	-
32	Other defined and ill-defined diseases	6	6	12
33	Motor vehicle accidents	-	1	1
34	All other accidents	2	4	6
35	Suicide	1	1	2
36	Homicide and operations of war ...	-	-	-
Total		85	92	177

ORIGINAL ARTICLES

STUDY OF THE EFFECT OF VARIOUS FACTORS ON THE RATE OF GROWTH OF THE HUMAN BODY			
Age	Sex	Height (cm)	Weight (kg)
10	M	140	35
10	F	135	30
11	M	145	38
11	F	140	32
12	M	150	40
12	F	145	35
13	M	155	42
13	F	150	38
14	M	160	45
14	F	155	40
15	M	165	48
15	F	160	42
16	M	170	50
16	F	165	45
17	M	175	52
17	F	170	48
18	M	180	55
18	F	175	50
19	M	185	58
19	F	180	52
20	M	190	60
20	F	185	55
21	M	195	62
21	F	190	58
22	M	200	65
22	F	195	60
23	M	205	68
23	F	200	62
24	M	210	70
24	F	205	65
25	M	215	72
25	F	210	68
26	M	220	75
26	F	215	70
27	M	225	78
27	F	220	72
28	M	230	80
28	F	225	75
29	M	235	82
29	F	230	78
30	M	240	85
30	F	235	80
31	M	245	88
31	F	240	82
32	M	250	90
32	F	245	85
33	M	255	92
33	F	250	88
34	M	260	95
34	F	255	90
35	M	265	98
35	F	260	92
36	M	270	100
36	F	265	95
37	M	275	102
37	F	270	98
38	M	280	105
38	F	275	100
39	M	285	108
39	F	280	102
40	M	290	110
40	F	285	105
41	M	295	112
41	F	290	108
42	M	300	115
42	F	295	110
43	M	305	118
43	F	300	112
44	M	310	120
44	F	305	115
45	M	315	122
45	F	310	118
46	M	320	125
46	F	315	120
47	M	325	128
47	F	320	122
48	M	330	130
48	F	325	125
49	M	335	132
49	F	330	128
50	M	340	135
50	F	335	130
51	M	345	138
51	F	340	132
52	M	350	140
52	F	345	135
53	M	355	142
53	F	350	138
54	M	360	145
54	F	355	140
55	M	365	148
55	F	360	142
56	M	370	150
56	F	365	145
57	M	375	152
57	F	370	148
58	M	380	155
58	F	375	150
59	M	385	158
59	F	380	152
60	M	390	160
60	F	385	155
61	M	395	162
61	F	390	158
62	M	400	165
62	F	395	160
63	M	405	168
63	F	400	162
64	M	410	170
64	F	405	165
65	M	415	172
65	F	410	168
66	M	420	175
66	F	415	170
67	M	425	178
67	F	420	172
68	M	430	180
68	F	425	175
69	M	435	182
69	F	430	178
70	M	440	185
70	F	435	180
71	M	445	188
71	F	440	182
72	M	450	190
72	F	445	185
73	M	455	192
73	F	450	188
74	M	460	195
74	F	455	190
75	M	465	198
75	F	460	192
76	M	470	200
76	F	465	195
77	M	475	202
77	F	470	198
78	M	480	205
78	F	475	200
79	M	485	208
79	F	480	202
80	M	490	210
80	F	485	205
81	M	495	212
81	F	490	208
82	M	500	215
82	F	495	210
83	M	505	218
83	F	500	212
84	M	510	220
84	F	505	215
85	M	515	222
85	F	510	218
86	M	520	225
86	F	515	220
87	M	525	228
87	F	520	222
88	M	530	230
88	F	525	225
89	M	535	232
89	F	530	228
90	M	540	235
90	F	535	230
91	M	545	238
91	F	540	232
92	M	550	240
92	F	545	235
93	M	555	242
93	F	550	238
94	M	560	245
94	F	555	240
95	M	565	248
95	F	560	242
96	M	570	250
96	F	565	245
97	M	575	252
97	F	570	248
98	M	580	255
98	F	575	250
99	M	585	258
99	F	580	252
100	M	590	260
100	F	585	255

General Provision of Health Services in the Area .

In addition to the general medical services provided by medical practitioners, the following ancilliary services are provided:

- (a) No ante-natal or post-natal clinic is held in the district by the local health authority. Expectant and nursing mothers receive medical advice from their own medical attendants.
- (b) Infant welfare clinics are held fortnightly at Aberporth, Cardigan, Llandyssul and Penrhiwllan, and monthly at Llechryd.
- (c) The domiciliary midwifery service is carried out by the district nurses who are also state registered midwives.
- (d) Health visitors are stationed at Cardigan, Llandyssul and New Quay.
- (e) Home nursing is in the hands of the district nurses.
- (f) Vaccination is carried out by the person's own medical attendant, but immunisation against diphtheria is performed partly by the former and partly by medical officers of the local health authority.
- (g) Ambulances are stationed at Cardigan, Llandyssul and Lampeter.
- (h) Arrangements for the prevention of illness consist of periodic talks and advice given by the medical officers and the health visitor of the local health authority. Care and after-care is in the hands of the district nurses and of the health visitors. Tuberculosis cases are also followed up by the Chest Physician's health visitor.
- (i) Domestic help is provided by suitable persons engaged locally.
- (j) A small general hospital at Cardigan and a larger one at Carmarthen are run under the auspices of the West Wales Hospital Management Committee. Fever cases are brought from the south of the county to the Tanybwllch Isolation Hospital. Area laboratories of the Medical Research Council are situated at Aberystwyth and Carmarthen and the services of both are used by medical practitioners in the district.

INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year.

Cholera	NIL
Diphtheria	NIL
Dysentery (amoebic and bacillary)	1
Encephalitis	NIL
Erysipelas	NIL
Food poisoning	NIL
Malaria	NIL
Measles	NIL
Meningococcal meningitis	NIL
Ophthalmia neonatorum	NIL
Paratyphoid fever	NIL
Plague	NIL
Pneumonia (acute primary and acute influenzal)	1
Poliomyelitis	NIL
Puerperal Pyrexia	NIL
Relapsing fever	NIL
Scarlet fever	13
Smallpox	NIL
Typhoid fever	NIL
Typhus fever	NIL
Whooping cough	15

The Puerperal Pyrexia (Amendment) Regulations, 1954, were laid before Parliament in December. They require that medical practitioners shall, in future, notify the medical officer of health of the cause of the condition, if known.

In conformity with the Regulations, every practitioner practising in the Rural District was informed of the amendments to the law.

TUBERCULOSIS

Six new cases of tuberculosis were notified. The details are as follows:-

AGE GROUP	RESPIRATORY		NON-RESPIRATORY	
	Male	Female	Male	Female
0 - 4				
5 - 9				
10 - 14				
15 - 19			1	
20 - 24				
25 - 29	1	1		
30 - 34	2			
35 - 39				
40 - 44				
45 - 49				
50 - 54	1			
55 - 59				
60 and over				
Totals	4	1	1	-

No action was taken under the Public Health (Prevention of Tuberculosis) Regulations, 1925, or under Section 172 of the Public Health Act, 1936.

Mass Radiography

A mass radiography unit of the Welsh Regional Hospital Board visited Llandyssul during the late autumn when 522 persons, mostly school children, attended. Of the 522 examined, 25 were found to be abnormal, but none was suffering from pulmonary tuberculosis. Other residents in the Teifiside area attended the unit at Cardigan.



NATIONAL ASSISTANCE ACT, 1948
SECTION 47

No action was taken during the year under this section. The person removed from Llandyssul the previous year agreed to stay at the Lampeter Welfare Home and a renewal of the order became unnecessary.

INTERNATIONAL HEALTH

In accordance with the International Sanitary Regulations, (World Health Regulations No. 2), to which Great Britain is a signatory power, a number of international vaccination certificates of persons residing in the Teifiside area and proceeding to certain destinations overseas were authenticated in the prescribed manner.

PORT HEALTH AUTHORITIES AND RIPARIAN AUTHORITIES

No foreign-going or coastwise shipping entered the coastal resorts in the Teifiside area during the year. The coastal trade which formerly existed has now come to an end.

I. MORGAN WATKIN

MEDICAL OFFICER OF HEALTH.

Cardiganshire Joint District Councils,
Swyddfa'r Sir, (County Office)
ABERYSTWYTH.

June, 1955.

THE HISTORY OF THE

REIGN OF KING CHARLES THE FIRST
IN WHICH ARE CONTAINED THE
MOST IMPORTANT AND INTERESTING
CIRCUMSTANCES OF HIS REIGN

BY JOHN HALLAM

IN TWO VOLUMES
LONDON: PRINTED BY J. JOHNSON, ST. PAULS CHURCH-YARD, 1781

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ANNUAL REPORT OF SANITARY INSPECTOR FOR 1954.

WATER SUPPLY

There are 18 major supply schemes in the area, namely, Verwig, Vagwr and Penparc, Aberporth, Tresaith, Llangranog, Llandyssul, Pontgarreg, Glynarthen, Rhydlewls, Capel Cynon, Capel Dewi, Pontshaen, Wernddu, Adpar, Cwmcoy, Ffynnonllawddog, Blaenbarre and Twrgwyn. In every case the water derives from land springs which are gathered to a reservoir, either by gravitation or by pumping, and thence to the mains. In addition there are two small schemes, which supply two small villages. None of the sources are treated, except temporarily, in the case of emergency, when, as sometimes occurs, an unsatisfactory result of a sample of water is obtained.

- (i) Samples of water are taken regularly from all sources, from public mains and from private sources.
- (ii) Some of the sources are proved to be liable to plumbo-solvent action, but when the schemes were inaugurated tin-lined pipes were installed. Copper or asbestos pipes are used on these schemes for all extensions and connections.
- (iii) When an unsatisfactory result is obtained from a sample of water, taken from any source of supply, the headworks are immediately inspected, and any faults rectified. The water is temporarily chlorinated and the inhabitants are advised to boil the water before use for domestic purposes.
- (iv) The supply of water from any source is not confined to any particular Parish. The following is an estimate of the number of inhabitants supplied with water. (a) direct to the house and (b) from standpipes from each of the schemes:-
- (v) The Blaenbarre Scheme was completed during the early part of the year. The Twrgwyn scheme was started and completed. The Nantgwyllan scheme was started and also the Wernddu Extensions to Bangor Teifi area.

	<u>Direct</u>	<u>Standpipe</u>	<u>Total</u>
Twrgwyn	45	0	45
Blaenbarre	414	0	414
Verwig	190	143	333
Vagwr and Penparc	243	113	356
Aberporth	431	71	502
Tresaith	93	15	108
Llangranog	168	111	279
Llandyssul	831	206	1037
Pontgarreg	111	65	176
Glynarthen	600	118	718
Rhydlewls	90	99	189

The American Medical Association is a non-profit corporation organized for the purpose of promoting the interests of the medical profession and the public. It is composed of members who are physicians, dentists, and other health care professionals. The Association's primary concern is the advancement of the medical profession and the improvement of the health of the people. It does this by publishing the Journal of the American Medical Association, which is one of the most authoritative sources of medical information in the world. The Association also works to improve the standards of medical education and to promote the highest standards of medical practice.

The Journal of the American Medical Association is a weekly publication that contains a wide variety of articles on medical topics. These articles are written by leading experts in their fields and are intended to provide medical professionals with the latest information on medical practice, research, and education. The Journal is also a valuable resource for the general public, as it contains information on a wide range of health care issues. The Journal is published by the American Medical Association, which is a non-profit organization dedicated to the advancement of the medical profession and the improvement of the health of the people.

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Date	Volume	Page	Title
1919	27	1	The American Medical Association
1918	26	1	The American Medical Association
1917	25	1	The American Medical Association
1916	24	1	The American Medical Association
1915	23	1	The American Medical Association

	<u>Direct</u>	<u>Standpipe</u>	<u>Total</u>
Capel Cynon	69	83	152
Capel Dewi	242	192	434
Pontshaen	16	76	92
Wernddu	557	312	869
Adpar	249	76	325
Cwmcoy	66	74	140
Ffynnonllawddog	462	148	610
Local Schemes	55	62	117
	<u>4932</u>	<u>1964</u>	<u>6896</u>

SEWERAGE

No major schemes of drainage were carried out during the year. Preliminary surveys have, however been carried out for the sewerage of the following villages:-

	<u>Number of Houses</u>	<u>Estimated Cost of Scheme</u>
Aberporth	208	£33,025
Tresaith	25	£12,000
Llangranog	85	£19,125
Llechryd	93	£22,000

The Tresaith scheme was given priority by the Council and a Public Enquiry has been arranged to take place early in 1955.

Sixteen septic tanks, twelve bathrooms and twenty four W.C's. were constructed and there were two connections to the main sewers. Conveniences were provided in two premises for the use of the public.

Public conveniences were built by the Council in Tresaith and plans have been prepared for the provision of conveniences at Adpar.

The sanitary arrangements and drainage for new dwellings and premises are inspected and tested before being put to use.

FOOD

Meat. When the Ministry of Food Slaughterhouses were released during the year, there were five applications from private butchers to licence their slaughterhouses. These slaughterhouses had not been used since 1939, and upon inspection by a Committee of the Council were found to be below standard. Consequently the applications were refused and there are no private slaughterhouses in the area. Slaughterhouses that supply the area are situated at Cardigan, Newcastle Emlyn and Lampeter. There are eight meat shops in the area, which are visited regularly and vans inspected whenever opportunity permits.

NAME	AGE	SEX	RELATION
John	25	M	Head
Mary	22	F	Wife
James	10	M	Son
Elizabeth	8	F	Daughter
Thomas	5	M	Son
Ann	3	F	Daughter
William	1	M	Son
Isabella	0	F	Daughter

These are the names of the persons who were present at the meeting of the Board of Directors of the Company, held on the 15th day of January, 1880, at the City of New York.

Witness my hand and seal this 15th day of January, 1880.

Attest: _____

Secretary

The following were condemned as unfit for human consumption and were buried:-

24 tins of fruit
11 tins of meat
3 tins of vegetables
46 lbs. of ham
13 lbs. of bacon

Hotels, Cafes and Restaurants:-

There are eleven recognised hotels and guest houses in the area, but numerous boarding houses. In the Summer season the coastal villages of Gwbert, Aberporth, Tresaith, Penbryn and Llangranog are flooded with visitors, almost every private house taking in guests, as well as neighbouring farms. There is also a great deal of holiday camping and caravanning along the coast. Anglers are also attracted to the villages inland, especially along the Teifi river at the villages of Llechryd, Cenarth, Henllan and Llandyssul. Thus in the summer season the population is greatly augmented and special attention is paid to all hotel kitchens, cafes and restaurants and other premises where food is prepared. There are twenty one cafes in the area, some of which are only open in the Summer season.

Camping and Caravan Sites:-

There are five licensed caravan and camping sites in the area, all are well conducted in accordance with the requirements of Section 269 of the Public Health Act, 1936.

Ice-Cream Regulations:-

There are eleven purveyors of ice-cream in the area all of which sell pre-prepared ice-cream of a well known make direct from electric refrigerators. Where electric refrigerators are not available the use of dry ice is resorted to.

Bake-houses:-

There are nine bakehouses in the area all of which are inspected regularly.

Milk:-

There are more than one hundred producer-retailers and retailers in the area, who supply daily amounts varying from one or two pints to four or five gallons. Most of the producer-retailers supply milk from attested herds. A close watch has been kept on these dealers, especially those supplying to schools.

33

1911

The first of the year was a very successful one for the school. The students showed a great deal of interest in the work and the teachers were able to give them a good deal of instruction. The results of the year were very satisfactory and the school was able to give the students a good education.

1912

The second of the year was also a very successful one. The students showed a great deal of interest in the work and the teachers were able to give them a good deal of instruction. The results of the year were very satisfactory and the school was able to give the students a good education.

1913

The third of the year was also a very successful one. The students showed a great deal of interest in the work and the teachers were able to give them a good deal of instruction. The results of the year were very satisfactory and the school was able to give the students a good education.

Clean Food Campaigns:-

There are in the area:-

- 58 General Food Stores
- 11 Ice-cream Vendors
- 8 Meat shops
- 9 Bakeries
- 100 (about) Milk Retailers
- 11 Recognised Hotels and Guest Houses, but numerous Boarding Houses.
- 21 Public Houses
- 21 Cafes
- 2 Registered Clubs

Publicity in regard to clean food is maintained by the posting up of Clean Food Bills in appropriate places.

RECORD OF VISITS FOR 1954

Nature of Visit or Inspection

General Sanitation

Number of Visits

Water Supplies	70
Drainage	151
Offensive Trades	16
Tents, Vans and Sheds	54
Factories	6
Bakehouses	21
Public Conveniences	46
Refuse Collection	21
Refuse Disposal	42
Rodent	25
Schools	24
Cafes and Restaurants	71
Ice-Cream Regulations	32
Miscellaneous	78

HOUSING

In December of the year a survey of properties in the area was commenced under the Housing Repairs and Rents Act, 1954. Two enumerators were appointed to do this work which it is hoped will be completed before July 1955.

Under Public Health Acts:-

Houses Inspected	36
Visits Paid	42

Under Housing Acts:-

Houses Inspected	16
Visits Paid	24

OVERCROWDING

Houses Inspected	21
Visits	21
Miscellaneous Housing Visits	25

NOTICES SERVED

Under Housing Acts:-

No. of Informal Notices Served	1
No. of " " complied with	1
No. of Formal Notices served	Nil
No. of Formal Notices complied with	Nil

Under Public Health Acts:-

No. of Informal Notices served	4
No. of " " complied with	3
No. of Formal Notices served	1
No. of Formal Notices complied with	1

Number of Houses Erected during the Year:-

(a) By Local Authority	68
(b) By Private Enterprise	14

REFUSE DISPOSAL

The area is divided into five collecting districts and collections take place once a week in each of these districts. The Council possesses one collecting vehicle manned by two men. The number of loads per week averages 16, that is about 24 tons. There are three refuse tipping sites. Mileage covered by the lorry during this year was 13,328 miles.

RODENT CONTROL

The Council employs one full time Rodent Operator. Four hundred and seventy six premises were inspected and treated during the year. The three refuse tips were treated regularly each month throughout the year and the main sewer at Llandyssul twice during the year.

H. E. WILLIAMS, M.R. San.I., M.S.I.A.

SANITARY INSPECTOR.

Council Offices,
LLANDYSSUL.
Cardiganshire.
June, 1955.

